XM Instant Traffic & Weather is by far the best traffic and weather available. This is the best format and it gives me the most freedom to listen to what ever I feel like. It covers more thoroughly a larger part of the Pittsburgh area, including all the surrounding counties, one of which I drive from. It also allows me while I am driving to work and listening to a news channel, to at any time touch my preset button for the Instant Traffic & Weather channel, get the traffic and make a course correction if necessary. This saves me the aggravation of unexpectingly hitting a traffic jam. Too often, if I was listening to a favorite news on FM radio and get engrossed in a news story, I might forget to change to the one station that has scheduled traffic reports. then I would have to wait another 10 minutes - which is not good enough for me. If this channel, for which I have paid two years fees, is taken from me, part of my freedom to choose will be taken from me.